

Robert C. Wright, MD, PS
Diet Progression After Anti-Reflux Surgery

CAUTION: Advance from one phase to the next, being careful to chew thoroughly. The sensation of food "getting stuck" indicates diet progression should be delayed.

HABITS: Drink from glass, fill mouth, then swallow. Do not use a straw. Stop swallowing habit such as gum, hard candy, chewing tobacco, sipping coffee all day, etc.

PHASE I: LIQUID DIET – (Avoid Carbonated Beverages)

Fruit: Applesauce, Fruit juice,
Coffee, Tea, V8 juice

Dairy: Milk, Whipped Cream, Yogurt, Milk Shake
Soft Ice Cream, Pudding, Jell-O, Dietary
Supplements (ie: Ensure)

Vegetable: Tomato Soup

Bread: None

Meat: None

*No Pills (liquid form of medication preferred)

*Cold foods may cause more swallowing difficulty than warm foods.

PHASE II: SOFT DIET – (Avoid Carbonated Beverages)

Fruit: Canned fruits, banana, kiwifruit

Dairy: Sour Cream, Hard Ice Cream, Fruit Yogurt,
Butter, Pumpkin Cream Pie

Vegetable: Canned Beans, Mashed Potatoes,
Creamed Corn, Stewed Tomatoes

Bread: Oatmeal, Cake,
Macaroni & Cheese, Milk Toast

Meat: Scrambled Poached Egg, Chicken
Noodle Soup

*Chew up pills.

PHASE III: SEMI-SOLID – (Chew carefully and thoroughly)

Fruit: Grapes, Tomato, Orange

Dairy: Cheese

Vegetable: Canned Corn, Baked Potato,
Kidney Beans, Lentils, Stew

Bread: Most cereals, Wheat Bread, French
Toast, Jam, Spaghetti, Potato Chips, Chocolate Berry
Pie

Meat: Meatloaf, Fish, Tuna, Hot Dog,
Hard Boiled Egg

PHASE IV: UNLIMITED

Fruit: Apple, Pear, Coconut

Bread: Hard Crust Bread, Pizza, Popcorn

Vegetable: Raw Vegetables **Meat:** All